



Fremont Pool - Swim Lessons and Competitive Teams

124098 - Fremont Pool-Sea Babies AM

Adult accompaniment required. Instructor lead program to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand that Sea Babies is not designed to teach children how to become good swimmers or even be able to survive in the water on their own. Great experiences and fun activities are provided to teach infants and young children to enter and exit the water safely, feel comfortable in the water, submerge and explore breath control, explore floating on back and front, change body position in the water, play safely in the water. CHILD MUST WEAR A SWIM DIAPER. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Parent/Child Level 1.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124098-12	.5 1.6	06/01/2010 First week meets Tues-Fri.	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124098-22	.5 1.6	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124098-42	.5 1.6	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124099 - Fremont Pool-Sea Babies PM

Adult accompaniment required. Instructor lead program to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand that Sea Babies is not designed to teach children how to become good swimmers or even be able to survive in the water on their own. Great experiences and fun activities are provided to teach infants and young children to enter and exit the water safely, feel comfortable in the water, submerge and explore breath control, explore floating on back and front, change body position in the water, play safely in the water. CHILD MUST WEAR A SWIM DIAPER. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Parent/Child Level 1.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124099-11	.5 1.6	06/01/2010 First week meets Tues-Fri.	06/10/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124099-13	.5 1.6	06/01/2010 First week meets Tues-Fri.	06/10/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124099-21	.5 1.6	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124099-31	.5 1.6	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124099-43	.5 1.6	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124104 - Fremont Pool-Sea Toddlers AM

Adult accompaniment required. Instructor lead program to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all while teaching them basic aquatic skills. Fun activities will be provided to allow your child to: build in the skills from Sea Babies and: learn more ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, begin to perform freestyle and backstroke and changing body position in the water. CHILD SHOULD WEAR A SWIM DIAPER.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Parent/Child Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124104-11	1.58	3	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124104-13	1.58	3	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124104-21	1.58	3	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:35 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124104-23	1.58	3	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124104-31	1.58	3	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:35 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124104-33	1.58	3	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124104-41	1.58	3	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124105 - Fremont Pool-Sea Toddlers PM

Adult accompaniment required. Instructor lead program to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all while teaching them basic aquatic skills. Fun activities will be provided to allow your child to: build in the skills from Sea Babies and: learn more ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, begin to perform freestyle and backstroke and changing body position in the water. CHILD SHOULD WEAR A SWIM DIAPER.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Parent/Child Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124105-12	1.58	3	06/01/2010	06/10/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124105-14	1.58	3	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124105-22	1.58	3	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124105-23	1.58	3	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124105-32	1.58	3	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124105-34	1.58	3	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124105-42	1.58	3	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124105-44	1.58	3	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124106 - Fremont Pool- Sea Toddlers SAT

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Adult accompaniment required. Instructor lead program to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all while teaching them basic aquatic skills. Fun activities will be provided to allow your child to build in the skills from Sea Babies and learn more ways to enter and exit the water safely, submerge in a rhythmic pattern, glide on the front and back with assistance, begin to perform freestyle and backstroke and changing body position in the water. CHILD SHOULD WEAR A SWIM DIAPER. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to American Red Cross Parent/Child Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124106-11	1.5	3	06/05/2010	07/24/2010	Sa	10:15 AM	10:45 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124107 - Fremont Pool-Sea Sprites AM

In Sea Sprites our instructors follow a plan to introduce new swimming and water safety skills that are appropriate for young children. Sea Sprites puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Sea Sprites include: enter and exit the water independently, bobbing, open eyes under water to retrieve objects, front and back floats and glides and recovery, roll from front to back and back to front, tread water, beginning freestyle and backstroke. If child is not 100% potty trained they must wear a swim diaper.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Preschool Aquatics Level 1 & 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124107-11	3	4.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124107-12	3	4.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124107-13	3	4.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124107-14	3	4.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124107-21	3	4.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124107-22	3	4.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124107-23	3	4.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124107-31	3	4.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124107-32	3	4.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124107-33	3	4.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124107-41	3	4.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124107-42	3	4.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124107-43	3	4.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6

124110 - Fremont Pool-Sea Sprites PM

In Sea Sprites our instructors follow a plan to introduce new swimming and water safety skills that are appropriate for young children. Sea Sprites puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Sea Sprites include: enter and exit the water independently, bobbing, open eyes under water to retrieve objects, front and back floats and glides and recovery, roll from front to back and back to front, tread water, beginning freestyle and backstroke. If child is not 100% potty trained they must wear a swim diaper.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Preschool Aquatics Level 1 & 2.

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124110-11	3	4.99	06/01/2010	06/10/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124110-12	3	4.99	06/01/2010	06/10/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124110-13	3	4.99	06/01/2010	06/10/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124110-14	3	4.99	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
First week class meets Tues-Fri.											
124110-21	3	4.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-22	3	4.99	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-23	3	4.99	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-24	3	4.99	06/14/2010	06/24/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-31	3	4.99	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-32	3	4.99	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-33	3	4.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-34	3	4.99	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-41	3	4.99	07/12/2010	07/22/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-42	3	4.99	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-43	3	4.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124110-44	3	4.99	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124115 - Fremont Pool - Sea Sprites SAT

In Sea Sprites our instructors follow a plan to introduce new swimming and water safety skills that are appropriate for young children. Sea Sprites puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Sea Sprites include: enter and exit the water independently, bobbing, open eyes under water to retrieve objects, front and back floats and glides and recovery, roll from front to back and back to front, tread water, beginning freestyle and backstroke. If child is not 100% potty trained they must wear a swim diaper. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to American Red Cross Preschool Aquatics Level 1 & 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124115-11	3	4	06/05/2010	07/24/2010	Sa	10:15 AM	10:45 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6

124117 - Fremont Pool-Sea Otters AM

Otters class helps participants feel comfort in the water. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. In Sea Otters your child will be introduced to basic skills as a foundation to the future. Certain milestones are necessary for successful completion of Sea Otters including: Entering and exiting the water independently, traveling at least 5 yards, bobbing, gliding for at least 2 body lengths, rolling to a back float for 3 seconds and recovery. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 1.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
124117-11	4	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
	First week class meets Tues-Fri.										

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124117-12	4	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124117-13	4	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124117-14	4	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124117-21	4	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-22	4	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-23	4	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-31	4	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-32	4	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-33	4	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-41	4	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-42	4	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124117-43	4	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6

124118 - Fremont Pool-Sea Otters PM

Otters class helps participants feel comfort in the water. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. In Sea Otters your child will be introduced to basic skills as a foundation to the future. Certain milestones are necessary for successful completion of Sea Otters including: Entering and exiting the water independently, traveling at least 5 yards, bobbing, gliding for at least 2 body lengths, rolling to a back float for 3 seconds and recovery. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 1.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124118-11	4	18.99	06/01/2010	06/10/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124118-12	4	18.99	06/01/2010	06/10/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124118-13	4	18.99	06/01/2010	06/10/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124118-14	4	18.99	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124118-21	4	18.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-22	4	18.99	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-23	4	18.99	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-24	4	18.99	06/14/2010	06/24/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-31	4	18.99	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-32	4	18.99	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-33	4	18.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6

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124118-34	4	18.99	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-41	4	18.99	07/12/2010	07/22/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-42	4	18.99	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-43	4	18.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124118-44	4	18.99	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6

124119 - Fremont Pool - Sea Otters SAT

Otters class helps participants feel comfort in the water. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. In Sea Otters your child will be introduced to basic skills a the foundation to the future. Certain milestones are necessary for successful completion of Sea Otters including: Entering and exiting the water independently, traveling at least 5 yards, bobbing, gliding for at least 2 body lengths, rolling to a back float for 3 seconds and recovery. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to American Red Cross Learn to Swim Level 1.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124119-11	4	18.99	06/05/2010	07/24/2010	Sa	10:15 AM	10:45 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6

124120 - Fremont Pool-Sea Horses AM

Sea Horse class gives participants success with fundamental skills. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the components taught and improved in Sea Horses are: Entering the water by jumping in at the side, fully submerging and holding breath, bobbing, opening eyes under water to recover submerged objects, front and back floats, recover to a vertical position, changing direction while swimming on front and back, freestyle and backstroke. Adjustment to deep water is also covered.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124120-11	5	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124120-12	5	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124120-13	5	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124120-14	5	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
First week class meets Tues-Fri.											
124120-21	5	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-22	5	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-23	5	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-31	5	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-32	5	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124120-33	5	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-41	5	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-42	5	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124120-43	5	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6

124121 - Fremont Pool-Sea Horses PM

Sea Horse class gives participants success with fundamental skills. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the components taught and improved in Sea Horses are: Entering the water by jumping in at the side, fully submerging and holding breath, bobbing, opening eyes under water to recover submerged objects, front and back floats, recover to a vertical position, changing direction while swimming on front and back, freestyle and backstroke. Adjustment to deep water is also covered.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124121-11	5	18.99	06/01/2010	06/10/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
	First week class meets Tues-Fri.										
124121-12	5	18.99	06/01/2010	06/10/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
	First week class meets Tues-Fri.										
124121-13	5	18.99	06/01/2010	06/10/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
	First week class meets Tues-Fri.										
124121-14	5	18.99	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
	First week class meets Tues-Fri.										
124121-21	5	18.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-22	5	18.99	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-23	5	18.99	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124121-24	5	18.99	06/14/2010	06/24/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124121-31	5	18.99	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-32	5	18.99	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-33	5	18.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-34	5	18.99	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-41	5	18.99	07/12/2010	07/22/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-42	5	18.99	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-43	5	18.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124121-44	5	18.99	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124122 - Fremont Pool - Sea Horses SAT

Sea Horse class gives participants success with fundamental skills. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the components taught and improved in Sea Otters are: Entering the water by jumping in at the side, fully submerging and holding breath, bobbing, opening eyes under water to recover submerged objects, front and back floats, recover to a vertical position, changing direction while swimming on front and back, freestyle and backstroke. Adjustment to deep water is also covered.\$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to American Red Cross Learn to Swim Level 2.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124122-11	5	18.99	06/05/2010	07/24/2010	Sa	10:15 AM	10:45 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6

124125 - Fremont Pool-Sea Stars AM

City of Mesa Parks, Recreation and Commercial Facilities – **2010 Summer Activities Listing** – revised 5/20/2010 11:57 AM

Sea Stars is a stroke development class and builds on the skills from Sea Horses through additional guided practice in deeper water. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Skills performed in this class include: jumping into deep water from the side, swimming the freestyle and backstroke for 15 yards, treading or floating for 30 seconds, breaststroke and dolphin kicks and beginning diving skills are introduced in this class. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 3.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
124125-11	6	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
124125-12	6	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
124125-13	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
124125-14	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	6
First week class meets Tues-Fri.											
124125-21	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124125-22	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124125-23	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124125-31	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124125-32	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124125-33	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124125-41	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6
124125-42	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124125-43	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	6	12

124126 - Fremont Pool-Sea Stars PM

Sea Stars is a stroke development class and builds on the skills from Sea Horses through additional guided practice in deeper water. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Skills performed in this class include: jumping into deep water from the side, swimming the freestyle and backstroke for 15 yards, treading or floating for 30 seconds, breaststroke and dolphin kicks and beginning diving skills are introduced in this class. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 3.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
124126-11	6	18.99	06/01/2010	06/10/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
	First week class meets Tues-Fri.										
124126-12	6	18.99	06/01/2010	06/10/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
	First week class meets Tues-Fri.										
124126-13	6	18.99	06/01/2010	06/10/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
	First week class meets Tues-Fri.										
124126-14	6	18.99	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
	First week class meets Tues-Fri.										

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124126-21	6	18.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-22	6	18.99	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-23	6	18.99	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-24	6	18.99	06/14/2010	06/24/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-31	6	18.99	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-32	6	18.99	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-33	6	18.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-34	6	18.99	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-41	6	18.99	07/12/2010	07/22/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	6	12
124126-42	6	18.99	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124126-43	6	18.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6
124126-44	6	18.99	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	3	6

124127 - Fremont Pool - Sea Stars SAT

Sea Stars is a stroke development class and builds on the skills from Sea Horses through additional guided practice in deeper water. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Skills performed in this class include: jumping into deep water from the side, swimming the freestyle and backstroke for 15 yards, treading or floating for 30 seconds, breaststroke and dolphin kicks and beginning diving skills are introduced in this class. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to American Red Cross Learn to Swim Level 3.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124127-11	6	18.99	06/05/2010	07/24/2010	Sa	10:15 AM	10:45 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	6

124130 - Fremont Pool-Swim Stars AM

In the Swim Stars class participants develop confidence and improve upon the skills previously learned. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim better. Some of the milestones of the Swim Stars class are: headfirst entries, swimming under water, swimming the freestyle for 25 yards, swimming the elementary backstroke for 25 yards, improvement in backstroke, breaststroke and butterfly while learning open turns on back and front. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This program is comparable to the American Red Cross Learn to Swim Level 4.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124130-11	6	15.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124130-12	6	15.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124130-13	6	15.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124130-21	6	15.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-22	6	15.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-23	6	15.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-31	6	15.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-32	6	15.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-33	6	15.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-41	6	15.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124130-42	6	15.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

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124130-43	6	15.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
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124131 - Fremont Pool-Swim Stars PM

In the Swim Stars class participants develop confidence and improve upon the skills previously learned. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim better. Some of the milestones of the Swim Stars class are: headfirst entries, swimming under water, swimming the freestyle for 25 yards, swimming the elementary backstroke for 25 yards, improvement in backstroke, breaststroke and butterfly while learning open turns on back and front. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This program is comparable to the American Red Cross Learn to Swim Level 4.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124131-11	6	15.99	06/01/2010	06/10/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
First week class meets Tues-Fri.											
124131-12	6	15.99	06/01/2010	06/10/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124131-13	6	15.99	06/01/2010	06/10/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124131-14	6	15.99	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124131-21	6	15.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-22	6	15.99	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-23	6	15.99	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-24	6	15.99	06/14/2010	06/24/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-31	6	15.99	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
124131-32	6	15.99	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
124131-33	6	15.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
124131-34	6	15.99	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
124131-41	6	15.99	07/12/2010	07/22/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-42	6	15.99	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-43	6	15.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124131-44	6	15.99	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124135 - Fremont Pool-Stroke Stars AM

In Stroke Stars class our instructors follow a plan to introduce new swimming skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique, as well as improve fitness level. More advanced racing starts are introduced and competitive strokes will be improved to prepare students for competitive swimming experiences. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 5 & 6.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124135-11	8	16.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
First week class meets Tues-Fri.											
124135-31	8	16.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124135-43	8	16.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124136 - Fremont Pool-Stroke Stars PM

In Stroke Stars class our instructors follow a plan to introduce new swimming skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique, as well as improve fitness level. More advanced racing starts are introduced and competitive strokes will be improved to prepare students for competitive swimming experiences.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information. This class is comparable to the American Red Cross Learn to Swim Level 5 & 6.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
124136-14	8	16.99	06/01/2010	06/10/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-21	8	16.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-24	8	16.99	06/14/2010	06/24/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-31	8	16.99	06/28/2010	07/08/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-32	8	16.99	06/28/2010	07/08/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-33	8	16.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-34	8	16.99	06/28/2010	07/08/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-41	8	16.99	07/12/2010	07/22/2010	MTuWTh	5:30 PM	6:00 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124136-44	8	16.99	07/12/2010	07/22/2010	MTuWTh	7:15 PM	7:45 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124160 - Fremont-Beg. Diving Lessons AM

In this class the foundations of proper springboard diving are taught. Safety, diving board approach and hurdle, water entry and basic competitive dives are covered. Participants must be 6 years of age and must be able to swim comfortably in deep water for enrollment.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124160-12	6	18.99	06/01/2010	06/10/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
First week class meets Tues-Fri.											
124160-14	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	8	16
First week class meets Tues-Fri.											
124160-22	6	18.99	06/14/2010	06/24/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-24	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-31	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-32	6	18.99	06/28/2010	07/08/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-33	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-34	6	18.99	06/28/2010	07/08/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-41	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:35 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-42	6	18.99	07/12/2010	07/22/2010	MTuWTh	10:35 AM	11:05 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124160-44	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124161 - Fremont-Beg. Diving Lessons PM

In this class the foundations of proper springboard diving are taught. Safety, diving board approach and hurdle, water entry and basic competitive dives are covered. Participants must be 6 years of age and must be able to swim comfortably in deep water for enrollment.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information.

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124161-42	6	18.99	07/12/2010	07/22/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124161-43	6	18.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124165 - Fremont-Inter. Diving Lessons

In intermediate diving our instructors follow a plan to introduce new diving skills and build on ones previously learned. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124165-13	6	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
	First week class meets Tues-Fri.										
124165-23	6	18.99	06/14/2010	06/24/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124165-43	6	18.99	07/12/2010	07/22/2010	MTuWTh	11:10 AM	11:40 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124170 - Fremont Pool-Synchronized Swm

Synchronized Swimming class is designed to introduce the sport of synchronized swimming to the newcomer and build on previously learned skills for those with a little more experience. Instructors lead each class with fun drills and to improve swimming ability and agility for synchro figures. Mini routines and routine evaluation and improvement may be a part of the session. Participants must be at least 6 years of age and very comfortable swimming in deep water. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124170-11	6	18.99	06/01/2010	06/10/2010	MTuWTh	10:00 AM	10:35 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124200 - Fremont-Lunchtime Fitness Swim

One hour of open lap swim for adults and self motivated teens who want to work on swimming and cardio fitness. Instructor will provide workouts and stroke technique correction advice for participants to help them maximize their swimming workout experience. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124200-24	14	99.99	06/14/2010	07/30/2010	MTuWThF	11:45 AM	12:45 PM	Fremont Junior High Pool	\$60.00	10	20

124203 - Fremont Pool-Adult Lap Swim

One half hour of open lap swim for adults and self motivated teens who want to work on swimming and cardio fitness. Instructor will provide workouts and stroke technique correction advice for participants to help them maximize their swimming workout experience. \$5 non refundable fee for all program cancellations. Please call 480-644-4950 for program information.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124203-14	12	99.99	06/01/2010	06/10/2010	MTuWTh	11:45 AM	12:15 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124212 - Fremont Pool-Water Exercise AM

In this fun filled fitness class instructors use exercise in the water to tone and strengthen muscles, relieve tension and stress and improve range of motion . Classes may include circuit training, deep water exercise, water walking, and resistance work in addition to general water aerobics. Class is geared for adults and teens. \$5 non-refundable fee for all program cancellations. Please call 480-644-4950 for program information.

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124212-21	12	99.99	06/14/2010	06/24/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8
124212-41	12	99.99	07/12/2010	07/22/2010	MTuWTh	10:00 AM	10:30 AM	Fremont Junior High Pool	\$21.00/\$25.00	4	8

124213 - Fremont Pool-Water Exercise PM

In this fun filled fitness class instructors use exercise in the water to tone and strengthen muscles, relieve tension and stress and improve range of motion . Classes may include circuit training, deep water exercise, water walking, and resistance work in addition to general water aerobics. Class is geared for adults and teens.\$5 non-refundable fee for all program cancellations.Please call 480-644-4950 for program information.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124213-13	12	99.99	06/01/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	12
First week class meets Tuesday-Friday.											
124213-22	12	99.99	06/14/2010	06/24/2010	MTuWTh	6:05 PM	6:35 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	12
124213-23	12	99.99	06/14/2010	06/24/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	12
124213-33	12	99.99	06/28/2010	07/08/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	12
124213-43	12	99.99	07/12/2010	07/22/2010	MTuWTh	6:40 PM	7:10 PM	Fremont Junior High Pool	\$21.00/\$25.00	4	12

124300 - Fremont-Swimming/Lifesaving AM

Swimming and Lifesaving class opens the door to a variety of specialized aquatics activities that can lead to a whole new set of water safety and learning skills. Skills taught include: water hazard recognition, accident prevention and effective response for water related emergencies. This class meets the requirements for Boy Scouts of America Swimming and Lifesaving merit badges. Class is one hour long. If participants want to get merit badge credit, they should bring BSA blue merit badge pass off cards with them to class.\$5 non-refundable fee for all program cancellations.For additional program information, please cal 480-644-4950.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124300-13	10	18.99	06/01/2010	06/10/2010	MTuWTh	11:10 AM	12:15 PM	Fremont Junior High Pool	\$42.00/\$50.00	4	8
124300-33	10	18.99	06/28/2010	07/08/2010	MTuWTh	11:10 AM	12:15 PM	Fremont Junior High Pool	\$42.00/\$50.00	4	8

124301 - Fremont-Swimming/Lifesaving PM

Swimming and Lifesaving class opens the door to a variety of specialized aquatics activities that can lead to a whole new set of water safety and learning skills. Skills taught include: water hazard recognition, accident prevention and effective response for water related emergencies. This class meets the requirements for Boy Scouts of America Swimming and Lifesaving merit badges. Class is one hour long. If participants want to get merit badge credit, they should bring BSA blue merit badge pass off cards with them to class.\$5 non-refundable fee for all program cancellations.For additional program information, please cal 480-644-4950.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124301-21	10	18.99	06/14/2010	06/24/2010	MTuWTh	5:30 PM	6:40 PM	Fremont Junior High Pool	\$42.00/\$50.00	4	8

124306 - Fremont Pool- Guard Start PM

Guard Start is a service learning approved volunteer program for teens interested in work experience in preparation for a lifeguarding job. Participants will be given instruction in: assisting with swimming lessons, event leadership, pool safety, emergency response, and professionalism. After this one week class, participants are asked to volunteer a minimum of 30 hours at the pool over the next 2 months. Volunteers are able to give of their time in various programs and events and will be supervised by facility management. Participants must be able to swim 200 yards continuously, tread water for 60 seconds and surface dive and swim under water for a minimum 10 yards. For ages 13-15. \$5 non-refundable fee for all program cancellations.For additional information about this program contact Mark Foote - 480-644-4951 / mark.foote@mesaaz.gov

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	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124306-11	13	15.99	06/01/2010	06/04/2010	TuWThF	5:30 PM	7:45 PM	Fremont Junior High Pool	\$35.00	5	9
124306-12	13	15.99	06/07/2010	06/10/2010	TuWThF	5:30 PM	7:45 PM	Fremont Junior High Pool	\$35.00	5	9

124308 - Veteran Guard Start-Fremont

This program is ONLY for participants who completed the Summer 2009 Guard Start Program with the City of Mesa. First day of class is Wednesday, June 2. Remember to bring your availability and vacation requests at this time. Remainder of class dates and times will be determined the first day of class, and will be determined by pool management staff. Participants may be called prior to June 2, by a manager to begin service hours early. \$5 non-refundable fee for all program cancellations and transfers. For additional information please call 480-644-4951.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124308-16	13	16.99	06/02/2010	07/30/2010	W	4:30 PM	5:30 PM	Fremont Junior High Pool	\$20.00	6	12

124401 - Fremont - Swim Team

Summer recreation swim team provides a fun environment for your child to learn and improve stroke technique, increase fitness, and socialize in a positive team setting. This interactive 6-8 week program offers 1 hour practices 4 days a week. A weekly competition among other City teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes in tournament style with qualifying and league championship meets. These meets bring participants from all over the City together for a competition and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized competitive program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Lynn Adkins at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
124401-11	13	17.99	06/01/2010	07/23/2010	MTuWTh	6:00 AM	7:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	50

Eligibility requirement - 11 & older swimmers must be able to swim 50 yards (2 laps continuous) using any stroke to join the swim team. Ask for participant handbook on first day.

124401-12	11	12.99	06/01/2010	07/23/2010	MTuWTh	7:00 AM	8:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	50
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Eligibility requirement - 11 & older swimmers must be able to swim 50 yards (2 laps continuous) using any stroke to join the swim team. Ask for participant handbook on first day.

124401-13	9	10.99	06/01/2010	07/23/2010	MTuWTh	8:00 AM	9:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	64
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Eligibility requirement - 10 & under swimmers must be able to swim one lap across the pool (25 yards) without assistance, using any stroke to join the swim team. Ask for participant handbook on first day.

124401-14	7	8.99	06/01/2010	07/23/2010	MTuWTh	9:00 AM	10:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	64
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Eligibility requirement - 10 & under swimmers must be able to swim one lap across the pool (25 yards) without assistance, using any stroke to join the swim team. Ask for participant handbook on first day.

124401-15	5	6.99	06/01/2010	07/23/2010	MTuWTh	10:00 AM	10:50 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	30
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Eligibility requirement - 10 & under swimmers must be able to swim one lap across the pool (25 yards) without assistance, using any stroke to join the swim team. Participants must be at least 5 years of age by June 1st. Ask for participant handbook on first day.

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124420 - Fremont Pool-Dive Team

Summer recreation dive team provides a fun environment for your child to learn and improve diving techniques, learn new dives, and socialize in a positive team setting. This interactive 6-8 week program offers 1 hour practices 4 days a week. A weekly competition among other City teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes in tournament style with qualifying and league championship meets. These meets bring participants from all over the City together for a competition and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized competitive program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Sharon Webster at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
124420-11	11	17.99	06/01/2010	07/23/2010	MTuWTh	6:00 AM	7:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	20
Eligibility requirement - Divers must be able to demonstrate efficient swimming skills in deep water, front and back diving skills and a 3 step hurdle.											
124420-12	6	10.99	06/01/2010	07/23/2010	MTuWTh	7:00 AM	8:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	20
Eligibility requirement - Participants must be at least 6 years old by June 1, 2010. Divers must be able to demonstrate efficient swimming skills in deep water, front and back diving skills and a 3 step hurdle.											

124430 - Fremont Pool-Synchro Team

Summer Synchronized swim team provides a fun environment for your child to learn and improve synchro figures, learn new skills, and participate in team routines. This interactive 6-8 week program offers 1 hour practices 4 days a week. A weekly competition among other City teams provides an opportunity for interaction with others and is a great event for the whole family. The season closes with routine qualifying and championship meets. These meets bring athletes from all over the City together for a competition and awards are provided. Competitive Ruling: Any athlete participating in any USA sanctioned, YMCA, country club, or any other organized synchronized swimming program after March 31, 2010 will not be eligible for the 2010 City summer recreational team programs. If you have questions about participation please call Aimee Manis at 480-644-4950 or Leah Ruane at 480-644-4226. Between April 19 and May 12, 2010, registration for aquatic team membership will only be permitted to those families who reside in the MPS boundary for that Jr. High. Starting May 13, 2010 registration for aquatic teams will be open to anyone. On-site aquatic team registration will begin May 29 during public swimming hours at each facility. Full refund if cancellation made by 5pm on June 3, 50% refund if cancellation made by 5pm on June 10, After June 10 no refunds. Team suits are available and can be purchased at East Valley Sports located at 6306 E Main St 480-832-8172, or Ski Pro located at 1924 W. 8th St. 480-962-6910.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max	
124430-11	11	17.99	06/01/2010	07/23/2010	MTuWTh	8:00 AM	9:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	25
Eligibility requirement - Participants must be at least 6 years old by June 1, 2010. Swimmers must be able to demonstrate efficient swimming skills in deep water, and must be able to swim one lap across the pool using any stroke.											
124430-12	6	10.99	06/01/2010	07/23/2010	MTuWTh	9:00 AM	10:00 AM	Fremont Junior High Pool	\$60.00/\$72.00	15	25
Eligibility requirement - Participants must be at least 6 years old by June 1, 2010. Swimmers must be able to demonstrate efficient swimming skills in deep water, and must be able to swim one lap across the pool using any stroke.											